

## 5 A Day Recipes

### 12 Soups to Get You Through the Winter

#### Family Gathering Gumbo

Serves 8

Rich seafood and sausage gumbo is a wonderful treat for a holiday gathering, and can be prepared ahead of time. Usually gumbo is quite high in fat because it begins with a roux, a mixture of browned flour and pork fat or butter that thickens the stew. This version achieves a rich flavor and thickness, but is low in fat and full of colorful, flavorful vegetables. Preparation is surprisingly easy and quick - it just needs to bubble gently on the stove for an hour or so. This recipe provides two 5 A Day servings for each person.

- ¼ cup all-purpose flour
- 2 cups chopped onion
- 3 cloves garlic, minced
- 2 cups fresh or frozen cut okra
- 1½ cups diced green bell pepper
- 1 cup diced celery
- ¼ pound turkey sausage, sliced into ¼-inch pieces
- 1 8-ounce bottle clam juice
- 1 14-ounce can low-sodium chicken broth
- 1 15-ounce can low-sodium chopped tomatoes, undrained
- 2 teaspoons paprika
- ½ teaspoon ground red pepper
- ½ teaspoon black pepper
- ¾ pound (12 ounces) frozen, peeled and deveined, cooked shrimp
- 4 cups cooked white rice

Preheat oven to 350 degrees F. Toast flour in a shallow pan until brown, about one hour.

Spray the bottom and sides of a large pot with cooking spray. Heat pot on medium and add carefully washed onion, garlic, okra, bell pepper and celery. Sauté, stirring often, until vegetables soften, about 15 minutes.

Stir in flour. Add sausage, clam juice, broth, tomatoes and seasonings. Bring to a boil, then reduce heat to low and simmer uncovered for 45 minutes.

Add shrimp. Simmer on low heat for 8-10 minutes, until shrimp is warmed throughout. Serve warm over ½ cup of rice for each person.

#### Nutritional Analysis Per Serving:

273 calories  
 45 grams carbohydrate  
 16 grams protein  
 2 grams fat  
 0.6 gram saturated fat  
 92 milligrams cholesterol  
 359 milligrams sodium  
 3 grams fiber  
 8% calories from fat  
 2% calories from saturated fat  
 More than 1 ½ "5 A Day" servings per person